

# HEADS UP BASEBALL



**Your Free Bonus Guide to Heads-Up Baseball 2.0!**

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**Instructions:** Use this journal however you want. You may want to print it and bind it somehow. If you print single-sided you can use the back of each page for additional writing space.

## Chapter 1: Learning to Compete

The more connected you stay to why you play baseball, the more freedom you're apt to experience on the field, which will empower you in dealing with the frustrations the game presents.



1. Why do you play baseball?

2. What do you enjoy most about the game?

3. What moments have given you the greatest satisfaction in baseball so far? What made them so satisfying?

4. Whom do you consider to be the ideal baseball player? What makes you feel that way about him?

5. If you were told this was the last season you were going to be able to play or coach baseball, what attitude would you choose to take each day?

6. What would you miss most about not being in baseball?

7. Complete this sentence several times: "I don't want to have any regrets about my playing career. When I retire, I'd like to be able to look back on my career and say..."

8. Below is a list of characteristics that champion athletes tend to practice. **Circle the 3** you'd most like to exemplify or represent in your career.

Courage	Honesty	Dedication	Sportsmanship
Gratitude	Unselfishness	Enjoyment/Fun	Mental Toughness
Focus	Leadership	Composure	Concentration
Pride	Hard Work	Relentlessness	Consistency
Integrity	Resilience	Desire to Learn	Respect for Game
Confidence	Love of the Game	Commitment	Positive

Why did you choose those characteristics?

## **Know Yourself Exercise: Best vs. Worst Performances**

A first step in getting to know yourself better is to consider the differences between your best (Green Light) and worst (Red Light) performances. Take a few minutes now to examine two extremely different performances in your past to set yourself up for more consistent, high-level performances in the future:

1. Take a moment to reflect on one of your all-time worst game performances. Put yourself back on that awful day and see what you saw, hear what you heard, and feel what you felt.
2. Respond to the following questions as they relate to this worst performance.
3. Then, re-experience one of your all-time best game performances. See what you saw, hear what you heard, and feel what you felt as you played a great game.
4. Finally, respond to those same questions as they relate to your best performance.

### **Your WORST PERFORMANCE...**

Who were you playing against?

What were your thoughts and feelings before the game?

What was your body posture like?

How did you move?

What were you focused on during your performance?

What was your self-talk? What was the little voice in your head saying?

What did you notice about the speed of the game? Was the game moving fast or slow for you?

**Now, think of your BEST PERFORMANCE...**

Who were you playing against?

What were your thoughts and feelings before the game?

What was your body posture like?

How did you move?

What were you focused on during your performance?

What was your self-talk? What was the little voice in your head saying?

What did you notice about the speed of the game? Was the game moving fast or slow for you?

What differences do you notice in your mental approaches to your best and worst performances?



Chapter 4, page 69...

## Getting to Know Yourself Questions

Knowing yourself is an unending process. Once you start paying attention, you'll realize just how much there is to know and how helpful it is to recognize details about yourself. Below are some questions to help you on your journey. Responding to these questions will help you get good at consistently playing with a Green Light.

- General
  - Why do you play baseball?
  
  
  
  
  
  
  
  
  
  
  - What do you love about baseball?
  
  
  
  
  
  
  
  
  
  
  - What do you hate about baseball?
  
  
  
  
  
  
  
  
  
  
  - What player do you most admire and what qualities does he have that you admire?

**WE'VE PLACED THE REST OF THE QUESTION FROM PAGES 70-74 AT THE END OF THIS JOURNAL. REFER TO THEM TO SPARK YOUR THINKING ON WHAT TO JOURNAL ABOUT...**

## Chapter 5: Mission

Think of a specific time when you played great — hitting, pitching or playing defense. Put yourself right back there in your mind and see what you saw, hear what you heard, and feel what you felt. Think about it: Were you clear on your 'target?' Did you have a strong desire to succeed? Were you fully focused in the present moment?



### *Target Practice:*

- **Long-term Outcome.** What level of baseball do you ultimately want to play (high school, college, pro)? What's one statistical goal you want to reach by the end of this season?
  
- **Long-term Process.** What do you want to be able to say about how you played the game when you finish your baseball career? What would you like your teammates to say about the type of teammate you were (positive, fun, courageous, supportive)? Why do you play baseball?

- **Short-term (today) Outcome.** What stats are you shooting for today (two hits, five innings pitched, a win)?
  
- **Short-term (today) Process.** What is your Process goal today (take a breath before each pitch, give 100% of what I have on each pitch, be upbeat)?

Do you have any “hidden Missions” (page 91)? What are they?

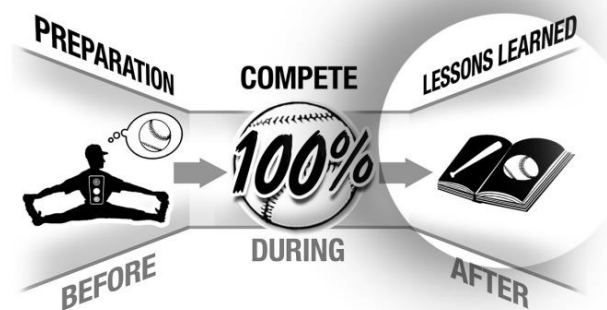
## Chapter 6: Preparation

- How did you prepare for your best performances? What did you do, think, and feel during your pregame Preparation?
  
- List actions and techniques you think would help you before a game (for example, imagine yourself playing great, relive past great performances, remind yourself of any mechanical cues you want to keep in mind, positive statements you want to make to yourself, what physical posture you want to carry yourself with, and so on). Be specific. Clarity is power.



## Lessons Learned QUESTIONS

1. What was today's Mission(s)? Were you successful in following through on it? (Remember, you can do a *great* job on your process Mission, such as "Focus on one pitch at a time," yet have terrible stats. Be sure to separate your process Missions from the statistical outcomes of your play.



2. How well did your pregame routine prepare you to play? What worked? What didn't? What will you do differently next time?
3. On a scale of 0 to 10, how confident were you today? Did your confidence go up and down during the game? What helped or hurt your confidence?

4. How well, 0 to 10, did you give 100% of what you had in the moment to the current pitch? How well did you play one pitch at a time?
  
5. What Yellow Lights did you have? What caused them? Did you notice your loss of control in the moment, or only later?
  
6. What in-game adjustments did you make? What worked? What didn't?
  
7. What do you most want to get better at?

## Chapter 7: Competing

### How do you know when you have a Green Light?

“I know I have a Green Light when: (examples: “The bat feels light in my hands,” “The catcher seems close,” “I really want the ball hit to me.”)

### What game events and situations often trigger a Yellow Light for you?

“I often get rattled or upset (a Yellow Light) in the following game situations or when the following things happen: (examples: “I make an error,” “I strike out,” “I walk a batter”)



### When you get a Yellow Light:

- What do you feel in your body and where do you feel it? Say: “I feel \_\_\_\_\_ in my \_\_\_\_\_” (example: “I feel tension in my shoulders” or “I feel fear in my stomach.”)

- What happens to your performance? (example: “I speed up and throw pitches high,” or “I swing at bad pitches.”)

### **How do you know you have a Red Light?**

What happens? What do you feel? Where do you feel it?

1. **Self-awareness, or Knowing Yourself:** Awareness of what *usually* happens for you
  - How do you usually respond to adversity?
  
  
  
  
  
  
  
  
  
  
  - What usually happens to you under pressure?



- What preparation usually leads to your best performances?

2. **Present Moment Awareness:** Awareness of what's happening *now*

- What's going on inside your body right now?
  
- What are you feeling?
  
- What's happening on the field right now?
  
- How do you know when you're in a Green Light?
  
  
- What makes you feel Green?

- How do you know when you're losing it and have a Yellow Light?
- What events typically give you a Yellow Light?
- When and how do Red Lights show up for you?





- When you're pitching well, what's your mindset or attitude? (Examples include: "Here it is, try to hit it," "You can't touch this," "I'm the man," "Who cares?")
- When you're pitching well, when would you say one pitch ends and the next pitch begins? What physical action, such as stepping just behind the rubber or turning toward home plate, means, "The last pitch is over. I'm all in on this next pitch"?
- Yellow Light Awareness: List things that have happened in games that have upset you (given you a Yellow Light), such as walking a batter, a bad call by the umpire, or an error behind you.



- What do you feel in your body when you get a Yellow Light? What happens to your pitches? What happens to your thinking?

- When Do *You* Take Your Breath?

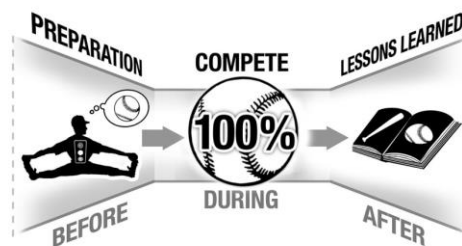
## **Chapter 9: Hitting**

- What are your strengths and weaknesses as a hitter?
  
- What type of hitter are you? (power, contact, gap-to-gap, etc.)
  
- What pitch do you hit best?
  
- Where in the strike zone do you hit best (up, down, in, out)?

- Complete the following statement at least three different ways: “I am most effective at the plate when I...”
- When you’re hitting well, what are you focused on at the plate? What are you up there to do (“see the ball, hit the ball,” “put the fat part of the bat on the ball,” “drive it to the gap,” and so on)?
- When you’re hitting well, what is your mindset or attitude? (examples include: “I’m going to crush it,” “The pitcher stinks,” “Easy does it,” etc.).
- Yellow Light Awareness: List things that have happened in games that have upset you and given you a Yellow Light (swinging at a bad pitch, bad call by the umpire, being 0 for 2).
- When you have a Yellow Light, what do you feel? What do you think? What happens to your approach and your swing?

## *Building Your Routine*

1. When does the at-bat start?



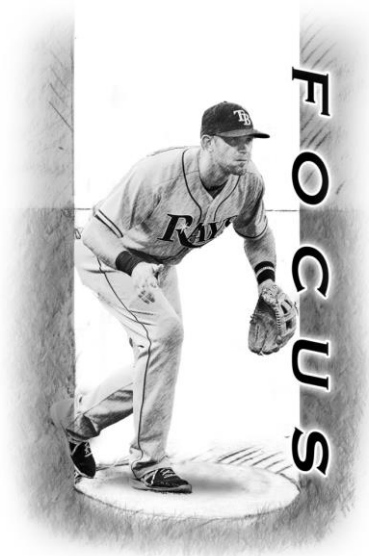
2. What do you do when you're in the hole and on deck?

3. What do you do when you're at the plate?

4. "Here's the pitch..." What do you do?

## Chapter 10: Defense

My Strengths on Defense:



My Weaknesses on Defense:

- Complete the following statement at least three different ways: “I am most effective on defense when I...”
- When I’m playing great defense, my attitude or mindset is...
- When I’m playing great defense, just before each pitch I’m thinking...
- When I struggle in the field, my attitude or mindset is...



- When I struggle in the field, just before each pitch I'm thinking...
- I know I don't feel confident on defense when I feel \_\_\_\_\_. When that happens, what do I feel in my body and where do I feel it?
- Yellow Light Awareness: List things that have happened in games that have upset you and given you a Yellow Light on defense (for example, making an error, a bad hop, a poor at-bat).
- What happens in your body when you get a Yellow Light? What do you feel and where do you feel it?
- What happens in your body in a tight game or pressure situations? What happens to your focus?

**Career:** What's my career goal? What do I want to have happen in baseball? What do I want to be able to say about myself as a defensive player when my career is over?

**Season:** What are my defensive goals for this season? What do I want to have happen?

**Game:** What's my Mission for today's game? What do I want to have happen? What am I committed to making happen? What do I want our pitcher to believe about me today?

**Pitch:** What is my mission for this pitch? What outcome do I want? What process am I going to use to create that result?

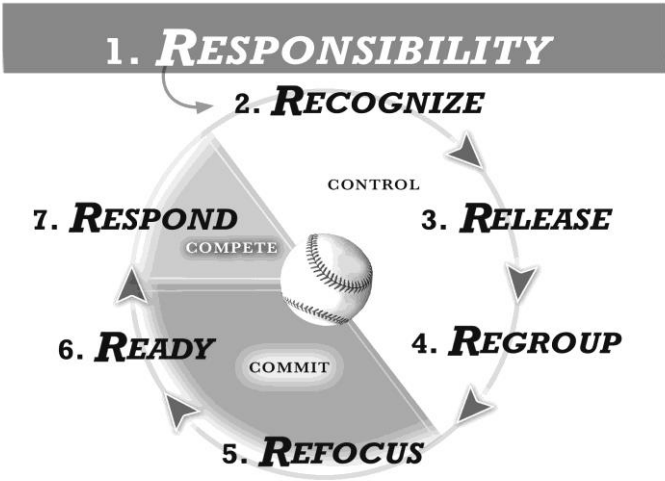
## Chapter 12: Troubleshooting

Think back to your recent performances and respond to the following:

- Are you freely choosing your thoughts and actions, or are you allowing how you happen to feel to determine your thoughts and actions?
  
- Are you choosing to think the thoughts and take the actions that enhance your chances for success, or are you beating yourself up and failing to prepare for each game and each pitch in the way you know helps your game?
  
- Are you doing a **Lessons Learned** session after each game or practice to better understand what causes the ups and downs in your game, or are you going straight to your phone to distract you from your feelings and performance?

## The R's

Here are some questions to help you assess your performance at the **Recognize** stage:

- Are you checking in on your Traffic Light after each pitch?
- 
- Are you Recognizing accurately in the moment between pitches whether you're in control of yourself?
  - How do you know when you're in control of yourself?
  - How do you know when you're out of control?
  - What situations have thrown you off? How did you experience it? (For example, what did you feel? Did the game speed up?)

Here are some questions to help you assess your performance at the **Release** stage in the R's model.

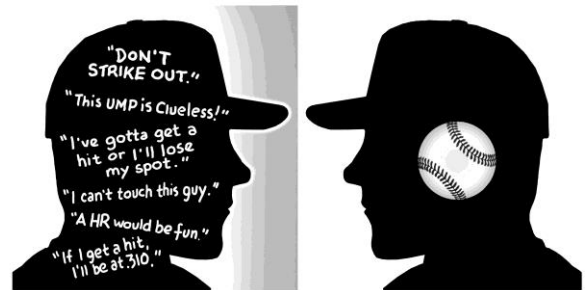
- If you Recognize tension or distraction between pitches, are you able to Release it?
- What Release techniques are you using to let go of a Yellow Light?
- Are you *really* releasing negative emotions, or are you just going through the motions?

Here's a question to help you assess your performance at the Regroup stage in the R's model:

- If you're able to Recognize and Release negative energy or emotion, are you then Regrouping by somehow generating positive energy?

Here are some questions to help you assess your performance at the **Refocus** stage:

- Are you able to Refocus on your Mission or target (for example, the ball or the catcher's glove), or is your head filled with other thoughts?
- What, if anything, are you focused on instead of your Mission?
- What would you be focused on for each pitch if you felt totally confident?



Here are some questions to help you assess your performance at the **Ready** stage:

- Are you getting into a state of readiness that enables you to Trust?

- How do you know if you are ready? What tells you you're ready?

Think back to your recent performances and respond to the following:

- Am I trusting or am I trying?
- On a scale of 0 to 10, how much am I trusting myself?
- *Where* in my body do I feel tension in my swing/delivery/fielding?
- *When* does that tension come in?
- *Why* do I think I'm tensing up? What hidden Mission am I on? (For example, trying to be perfect, to prove myself, to boost my stats, to impress coach/scouts, to make my parents happy, and so on.)

## Chapter 14: Heads-Up Life

1. What would you say is your purpose in life? Why are you here?
2. What are your values? What do you think is most important in your life? (Start by making a list of your values, then rank them in order of importance to you.)
3. What happens to you under stress? What are your Yellow Lights in life and how do they affect you?
4. What daily practices or routines lead to your best days? What do you do or not do on your worst days?

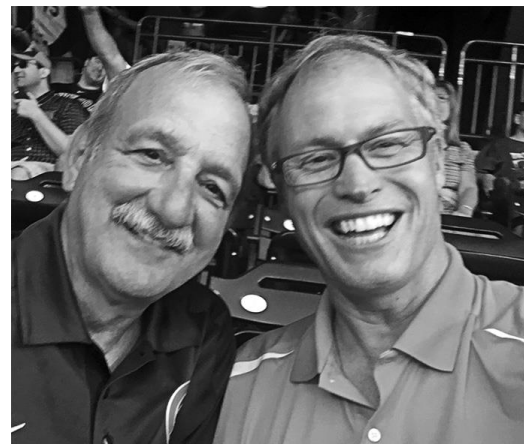


5. What would you like people to say about you at your funeral?
  
  
  
  
  
  
  
  
  
  
6. **Long-term Outcome.** What things would you like to accomplish or achieve in the next five years? One year? 15 years?
  
  
  
  
  
  
  
  
  
  
7. **Long-term Process.** What do you want to be able to say about how you lived your life when the end is near? What qualities do you want to have exemplified?
  
  
  
  
  
  
  
  
  
  
8. **Short-term Outcome.** What do you want to accomplish or get done today?
  
  
  
  
  
  
  
  
  
  
9. **Short-term Process.** How do you want to be today (e.g., positive, focused, confident, grateful)?

# Heads-Up!

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### **GETTING TO KNOW YOURSELF QUESTIONS FROM PAGES 69-74**

- Nutrition: If you want to play your best, smart nutrition is essential. We're no experts on nutrition, but your energy level contributes so greatly to your mindset that we thought we'd include the following questions:
  - What foods give you energy and make you feel good?
  - What foods make you lose energy and feel bad?
  - Pregame
    - If you want to feel great in a game, what's the best thing for you to eat before a game and when should you eat it?
    - What foods/liquids should you avoid before a game because they make you feel sluggish or heavy?
    - How much water do you need before a game?
  - During the Game
    - What, if anything, should you eat during a game to keep your energy optimized?
    - How much do you need to drink to keep your energy up?
    - Do you feel better with water or a sports drink?
  - Postgame
    - What are the best thing for you to eat after a game?
    - How do you get your protein after a game?

### **Pitchers**

- What are your greatest strengths as a pitcher?
- What is your best pitch?
- What do you most need to work on to become successful at the next level?
- What are the three biggest keys to your pitching success?
- **Practice/Training**
  - How much do you need to throw between appearances?
  - What training program gives you the best results?
  - What makes your arm feel good? Bad?

- What have you learned about throwing bullpens? What should you focus on? What should you avoid doing, and what messes up your bullpens?
- What do you want to work on in your next bullpen?
- **Pregame**
  - What's the best way for you to warm up before entering a game?
  - What do you do mentally to prepare before your best outings?
  - What is the best thing for you to focus on when getting ready to enter the game?
  - How do you know you're ready to go in? What does 'not quite ready' feel like? What does 'throwing too much' feel like?
- **During Game**
  - What is your pre-pitch routine? (We'll cover this in Chapter 5)
  - What is your Yellow Light Routine? What will you do when something goes wrong?
  - What things give you Yellow Lights?
  - What is your mound presence like?
  - What are the most common adjustments you may need to make?
    - Throwing high: What's your adjustment?
    - Missing glove side: What's your adjustment?
    - Missing arm side: What's your adjustment?
  - What are your most common mental mistakes? (For example, try too hard/overthrow, get too fine/try to be perfect, rush, and so on.)
  - List three of the most common reasons you've had bad outings.
  - List three keys to your best outings.
- **Postgame**
  - How do you capture your Lessons Learned?
  - How do you evaluate the quality of your performance?
  - How do you let go of disappointments? How long do you let yourself feel bad?

## Hitters

- What are your greatest strengths as a hitter?

- What 'type' of hitter are you?
- Who in the major leagues would you most say you are like? Why did you choose him?
- What pitch do you hit best? What location?
- When you're hitting great, where does the ball go on the field?
- When you're struggling, what mistakes do you make most often (fly open, lunge, try to pull everything, and so on)?
- What do you most need to improve in your game to become successful at the next level?
- What are the three biggest keys to your hitting success?
- **Practice/Training**
  - What training (drills, routines, etc.) makes you feel the best about your hitting?
  - What messes up your swing during practice? What should you avoid doing, thinking, or listening to?
  - Do you ever take too many swings? How would you know if you did?
  - What physical conditioning makes you feel the best?
  - What are the keys to making your batting practice more productive and helpful?
  - What have you done in the past during BP that you now know is a mistake?
- **Games**
  - What type of thinking leads to your best games? What do you focus on?
  - What type of thinking leads to your worst games? What do you focus on?
  - When does an AB begin for you?
  - What do you do in the hole and on deck to best prepare for the AB?
  - How do you walk to the plate?
  - What is your pre-pitch routine? (see Chapter 5)
  - How do you know that you are ready to hit?
  - What do you do if you realize you have a Yellow Light?
  - What makes a quality at-bat for you?
  - What adjustments might you have to make during a game or AB for:
    - A hard thrower?

- A soft thrower?
  - Two strikes?
  - Not seeing the ball well?
  - Your swing feeling 'off' or slow?
- **Postgame**
    - List the three most common reasons you've had bad hitting games.
    - List three keys to your best games.
    - How do you capture your Lessons Learned?
    - How do you evaluate the quality of your performance?
    - How do you let go of negative feelings? How long do you let yourself feel bad?

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